Video Game Addiction

Although one could argue that video games are not addicting, I believe that they are. The following paragraphs will be discussed as video games are addicting and the information that is listed in the couple paragraphs below discuss why I believe that they are and why. [1][2][4]

Video games are a fun easy way to relieve your day, but they also can be very stressful and cause you to want to do them constantly. This isn’t the same in all cases though it is in most. Playing video games has been some what proven to be addicting. This is because when a gamer for lack of a better term is in the middle of playing their mind releases certain hormones or other chemicals that have been proven to be addicting which in a sense makes them go back for more without even realizing that they are in fact addicted to the chemicals instead.[3][4] [6] [7]

Another fact on why video gaming could be addicting is that scientists have studied the game play and have figured that the games themselves have proven to provide achievement, freedom and even a possible connection with the other fellow players. Many also think that people are addicted to gaming because they feel a deep sense of self worth and help’s with self confidence that they can accomplish something and continue to do better at it.[7]

Doctors have studied many numbers when it comes to video game addiction. It estimates that for a certain game, let’s say World of Warcraft. Doctors have estimated that at least 40% of the players for that particular game are addicted to video games in general. Another percentage that would be good to now is that 25% of video game players are under the age of 18. The majority of gamers are in fact adults. [8] [10]

Another reason that video games are addicting is that some have a sort of “built-in” reward system. This means basically that if a player plays for a certain amount of time they have the ability to unlock items or prizes that are redeemable in actual life rather than the game itself. Although some people do play for the satisfaction of bragging rights it ultimately boils down to some people have trouble with staying away from games and game systems. The same would happen to an avid gamer as would an alcoholic if you took away what they craved so constantly, severe withdrawal would occur and that is something that could devastate the amount of “addicted gamers” in U.S.A alone. [5]

Overall I believe myself that it is hard to put down the controls to a game, but I don’t believe I am addicted…yet. The research above provides my believe that yes video games are in fact addicting and the numbers have seemed to increase exponentially each year with the releasing of new game systems. There are people out there that are just starting game play and eventually will become hooked.

**Sources:**

1. http://en.wikipedia.org/wiki/Video\_game\_addiction
2. http://www.parenthood.com/article-topics/are\_video\_games\_addictive.html
3. http://serendip.brynmawr.edu/exchange/node/1719
4. http://www.webmd.com/mental-health/features/video-game-addiction-no-fun
5. http://medicineworld.org/cancer/lead/12-2006/why-video-games-are-so-addicting.html
6. http://www.articlesbase.com/computer-games-articles/endorphins-and-the-science-of-addiction-454221.html
7. http://pages.prodigy.net/unohu/endorphins.htm
8. http://arstechnica.com/old/content/2006/08/7459.ars
9. http://en.wikipedia.org/wiki/Video\_game\_controversy
10. http://www.video-game-addiction.org/video-game-addiction-articles/new-facts-about-video-game-addiction-problem-more-widespread-than-expected.html